

## FELT LIKE AN IRON BAND AROUND HEAD

Mrs. Osborne Says She Shudders When She Thinks How She Suffered.

"For years," said Mrs. V. B. Osborne, of 718 Lancaster Ave., Lexington, Ky., "I have been in a run-down condition; nervous, weak and dizzy. I was actually so nervous that any sudden noise or excitement would produce a palpitation of my heart that frightened me. I absolutely could not climb stairs, for to attempt such would thoroughly exhaust me."

"I had nervous headaches and when they came on it seemed that an iron band was drawn tight around my head. I now shudder when I think of those headaches. My stomach was weak and I could not digest the lightest liquid food. Any food of a solid nature caused nausea and the sickening sensation remained for hours."

"My misery was almost unbearable. My sleep was never sound and I was worn out all the time. My condition was indeed a very deplorable one. I finally sought treatment in Cincinnati, but nothing helped me one particle. I was on the verge of giving up in despair when a neighbor pleaded with me to try Tanlac. I obtained a bottle of the medicine and began its use."

"I began improving at once and soon felt my nervousness and dizziness disappearing. Then my headaches left me and I realized my strength had returned. My appetite and digestion improved and I am now so much better in every way. This Tanlac is a wonderful medicine and the only one that ever really helped me. I hope every poor woman who is suffering as I did will try it."

Tanlac is sold by leading druggists everywhere.—Adv.

Careless youth fills age with care.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. H. H. Fletcher*. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

There are fifty-six varieties of kangaroos.

Freshen a Heavy Skin

With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented convenient, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Adv.

A national bird is the eagle—with the stork a close second.

## BEFORE AND AFTER CHILDBIRTH

Mrs. Williams Tells How Lydia E. Pinkham's Vegetable Compound Kept Her in Health

Overpeck, O.—"Lydia E. Pinkham's Vegetable Compound helped me both before and after my baby was born. I suffered with backache, headache, was generally run down and weak. I saw Lydia E. Pinkham's Vegetable Compound advertised in the newspapers and decided to try it. Now I feel fine, take care of my two boys and do my own work."

I recommend your medicine to anyone who is ailing. You may publish my testimonial if you think it will help others. —Mrs. KARRIE WILLIAMS, Overpeck, Ohio.

For more than forty years Lydia E. Pinkham's Vegetable Compound has been restoring women to health who suffered from irregularities, displacements, backaches, headaches, bearing-down pains, nervousness or "the blues." Today there is hardly a town or hamlet in the United States wherein some woman does not reside who has been made well by it. That is why Lydia E. Pinkham's Vegetable Compound is now recognized as the standard remedy for such ailments.

## Kills Pesky Bed Bugs P. D. Q.

P. D. Q. Pesky Devils! Quiesce, not an insect powder but a chemical, no mist or dust, and actually kills Bed Bugs, Roaches, Flies and Ants, and their eggs as well. —See package makes a quart. —Druggists can supply you, or mailed prepaid upon receipt of price by the Q. I. Chem. Works, Terre Haute, Ind., Genuine P. D. Q. is never peddled.

## Kill All Flies!

TEST REMEDY! Kill all flies, house flies, stable flies, mosquitoes, etc. —See package makes a quart. —Druggists can supply you, or mailed prepaid upon receipt of price by the Q. I. Chem. Works, Terre Haute, Ind., Genuine P. D. Q. is never peddled.

## HAIR BALM

Restores hair to its natural color and keeps it from falling out. —See package makes a quart. —Druggists can supply you, or mailed prepaid upon receipt of price by the Q. I. Chem. Works, Terre Haute, Ind., Genuine P. D. Q. is never peddled.

## The Kitchen Cabinet

(© 1920 Western Newspaper Union.)

Every spirit as it is more pure, And bath in it the more of heavenly light.

So to it the fairer body doth procure To habit in and make it more fairly slight.

With cheerful grace and amiable sight, For of the soul of the body form doth take; For soul is form and doth the body make.

—Spenser, quoting Lamb.

SEASONABLE GOOD THINGS.

Some time for a luncheon or supper dish, try this tempting combination.

**Tomato Ragoût.**—Put two tablespoonfuls of butter in a saucepan, and when melted add two tablespoonfuls of flour. Pour on gradually three-fourths of a cupful of this cream, and as soon as the mixture is thickened, add three-fourths of a cupful of strained tomatoes, mixed with one-eighth of a teaspoonful of soda; then add two cupfuls of finely-cut cheese, two eggs slightly beaten, salt, mustard and cayenne to taste. Serve as soon as the cheese is melted on hot graham crackers or toasted bread.

**Ham and Noodles.**—Butter an earthen baking dish, put into the bottom a layer of boiled noodles; add a layer of cold boiled ham cut in bits, then another layer of noodles, repeating until the dish is full. Cover with buttered crumbs, dot with butter and bake in a moderate oven.

**Fricatelli.**—Grind pork tenderloin very fine through a meat chopper. Season with salt, pepper, grated onion, and a bit of powdered sage. Take half as much bread as meat, soak the crumbs until soft, squeeze dry and mix with the meat. Add one or two unbroken eggs to bind. Shape into small flat cakes, dredge with flour and fry.

**California Mince Pie.**—Pour one cupful of boiling water over one cupful each of apricots and prunes. Let stand three hours, remove the skins from the apricots and the stones from the prunes, cook in the water in which they were soaked until the water is nearly all cooked away. Mix the dried fruit with one cupful of raisins, one-half cupful of minced citron, the juice of an orange, one-half teaspoonful each of cinnamon, nutmeg and cloves, one-fourth cupful of walnuts, one cupful of sugar and one-half cupful of almonds. Bake with two crusts.

There must be no stint of labor where labor will tell for our neighbors' happiness, but no wasteful extravagance of it where it will not profit.

HELPFUL HINTS.

Mildewed gloves may be hung in a wooden box in which is placed a saucer containing ammonia; cover tightly and the fumes in the course of a day will drive away the mildew.

When a tablecloth, used for the first time is soiled by a stain or spot, stretch the cloth over embroidery hoops and remove the spot. When dry, press and the cloth is fresh again.

Oranges, cut in small bits with the rind left on, are especially nice to give to a fever patient who needs something often to cool the mouth.

If cracked ice is to be used in the sickroom, it will keep longer if a piece of cheesecloth is tied over the bowl and the ice kept in it. Cover the bowl with another and place a paper bag over both. This will save many steps to renew the ice.

For the bed-ridden who get so tired lying in one position, the following help will be greatly appreciated: The stout new cotton cloth strips on each side of the headboard or bed-frame, having a large knot in the end of each strip to hold. By grasping these supports one may raise up or change position easily. The knots may be slipped under the pillow when not in use.

For tired feet, a mixture of baking soda and talcum, sprinkled into the shoes, will give great relief. For corns and callouses, keep them covered with adhesive tape, renewing as often as the bathing of the feet removes the plaster. This keeps the hard places soft.

In applying adhesive plaster to a wound, use short strips with tapes fastened to the strips, which may be untied, the dressing changed and refixed without disturbing the adhesive at all.

A simple method to clean silver blackened from use is to place the silver in an aluminum dish with a teaspoonful each of baking soda and salt. Do not boil too long, for silver which is thinly coated may be entirely removed. One may use a piece of aluminum in a granite dish as the solution will roughen a good dish.

A piece of camphor, kept in the silver drawer, will help to keep the silver from tarnishing.

Cement floors are washed by flushing with hose and scrubbing with broom or brush. If they want toward the drain, as they should, the cleaning is very simple.

HERBIE MAXWELL

## GET GOOD HATCH FROM INCUBATOR

Moisture and Ventilation Are Most Important Factors in Securing Normal Chick.

### SEVERAL METHODS ARE USED

Less Danger of Getting Too Much Moisture Into Machine by Sprinkling or Soaking Floor of the Incubator Room.

(Prepared by the United States Department of Agriculture.)

Moisture and ventilation are closely related factors in incubation, the amount of each depending upon the other. The former is one of the uncertain factors, for as yet no very satisfactory rules have been evolved which cover all conditions. Good hatches are secured both with and without using moisture, under apparently similar conditions, while each operator generally works out by experience the best amount of moisture to use under his conditions. The moisture and ventilation should, with correct heat, produce a normal chick at the end of the incubation period. Too much moisture may prevent the normal evaporation necessary to allow enough space for the chick to turn in the egg and break the shell, while too little moisture may cause the chick to become dried and stick to the shell. Moisture is used extensively in hatching in the South, in high altitudes, and in places where the incubator is run in a dry room, say poultry specialists of United States Department of Agriculture.

Many Methods Used.

Many methods are used to supply moisture in incubators, such as sprinkling eggs with warm water at about 100 degrees Fahrenheit, or placing a pan of water, a receptacle containing moist sand, or a wet sponge below the egg tray. Another common method of supplying moisture is to sprinkle or soak the floor of the incubator room or to place a pall of water under the lamp. There is less danger of getting too much moisture in the incubator by this method than by putting moisture directly into the egg chamber.

Good Potatoes of Uniform Size.

000 bushels of tubers were moved off from the farms on their way to the table. This is 58,799,000 bushels more than left the farms in the corresponding period a year ago, or a half bushel additional for every man, woman and child in the United States.

The potato crop of 1920 was the largest in the history of the country, amounting to 430,458,000 bushels, and of these only 145,286,000 bushels were estimated as remaining in the hands of growers and dealers January 1, 1920, was estimated at 127,400,000 bushels.

When the potato crop has been large, under normal conditions, the stocks of January 1 usually have been large, and in years of usual production, before 1918, the stocks of January 1 commonly were about one-half of the crop in the total of the principal northern potato-producing states. In the case of the 1920 crop, on the contrary, the stocks on the farm January 1 amounted to only one-third of the crop, and were smaller than the average of the three preceding years, when the production was much less.

Statisticians of the department believe the greater consumption of potatoes has been encouraged by the drop in prices. For the entire country the average price received by growers was \$3.09 a bushel August 1; \$1.85, September 1; \$1.35, October 1; \$1.18, November 1; \$1.15 December 1, and \$1.06 January 1.

### FINDING GRADE OF POTATOES

Too Much Dependence Should Not Be Placed on Size Alone—Knobs Detract From Value.

In grading potatoes too much dependence should not be put on sizing alone, say specialists of the bureau of markets, United States Department of Agriculture. A potato, for example, may be so covered with second growth knobs that it will not pass through the meshes of the grader, but it does not rightly belong in the first grade. The knobs mean much waste and require extra time in preparing the tubers for the table. Or, a potato may measure up satisfactorily to the standards of size and yet be so diseased as to be worthless.

A potato may even present a fine prize-winning appearance on the surface, and be far below grade because of injuries or disease of which there is no evidence without cutting it. Freezing injury, or hollow heart, illustrates cases of this kind. The grower should not be blamed for losses which result from these causes, but to a great extent field conditions are the primary cause of the troubles which appear when the potatoes are marketed.

Resigned the Vice Presidency.

The only vice president to resign was John C. Calhoun, who gave up the vice presidency to become a United States senator.

### POOR POTATOES CUT PROFITS

Waste of Time and Labor Results From Every Bad Specimen in Storage or Transit.

Every rotten, frozen, or undergrade potato that is loaded and every potato spoiled while in transit or in storage reduces the grower's profits and means a waste of time and labor, says the United States Department of Agriculture. It also means a waste of time and labor for every person handling it, a waste of car space, and consequently it amounts to an appreciable loss to the community as a whole. Through its market inspection service the department is trying to eliminate this waste.

## POTATOES ASSUMING THEIR FORMER RANK

Have Receded From Temporary State as Delicacy.

Crop of 1920 Was Largest in History of Country, Amounting to 430,458,000 Bushels—Steady Drop Is Noted in Prices.

(Prepared by the United States Department of Agriculture.)

With the continuing drop in price, potatoes have receded from their temporary status of delicacy, and are assuming their old rank as a great American staple food. This is to be assumed from figures lately compiled by the bureau of crop estimates, United States Department of Agriculture, which shows that between harvest time and January 1, this year, 285,172,000 bushels of tubers were moved off from the farms on their way to the table. This is 58,799,000 bushels more than left the farms in the corresponding period a year ago, or a half bushel additional for every man, woman and child in the United States.

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## ASPIRIN

Name "Bayer" on Genuine

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The next time you buy calomel ask for



The purified and refined calomel tablets that are nausealess, safe and sure. Medicinal virtues retained and improved. Sold only in sealed packages, Price 35c.



Comfortable, Healthful Nights for Baby

follow the use of the safe, pleasant, purely vegetable, guaranteed non-alcoholic, non-narcotic preparation

MRS. WINSLOW'S SYRUP

The Infants' and Children's Regulator. Medical skill has never devised a safer or more satisfactory remedy for overcoming colic, diarrhoea, flatulency, constipation and similar disorders. Thousands of parents owe baby's sound health to Mrs. Winslow's Syrup. They find it never fails to bring quick and gratifying results. Pleasant to take, pleasant to give. Open published formula appears on every label. At All Druggists

## 16799 DIED

in New York City alone from kidney trouble last year. Don't allow yourself to become a victim by neglecting pains and aches. Guard against this trouble by taking

GOLD MEDAL HARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Holland's National Remedy since 1696. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation

## MAROOINED FOR THREE YEARS

Sailor's Long Period of Loneliness on Small Island Located in the South Sea.

Marooning occasionally brings about a modern Crusoe; just as it did with Alexander Selkirk, who was put ashore at Juan Fernandez, and whose adventures gave Defoe the foundation for "Robinson Crusoe." The trading schooner, Queen Charlotte, passing a small sea, landed her boat to investigate the smoke of a fire, as it was understood the island was uninhabited. Here was found a United States seaman, who had been put ashore with three shipmates by their captain, on account of their mutinous conduct. The three others had died, but the man from Connecticut had contrived to live on the fish he caught, and the breadfruit and coconuts and other products which he could gather. When rescued after three years' loneliness, his utensils consisted of great shells, and two cups which he possessed, made from the skulls of his companions.

Too many men who boast of being self-made seem to have been interrupted before the job was finished.

## Let This Food Help You to Health

Sound nourishment for body and brain with no overloading and no tax upon the digestion, is secured from

## Grape-Nuts

It embodies the nutrition of the field grains, and it makes for better health and bodily efficiency.

Ready to serve—an ideal breakfast or lunch. "There's a Reason"